



Duck Breast

with Mustard Lentils and Garlicky Cabbage

CLASSIC 35 Minutes • 1.5 of your 5 a day

N° 6



Shallot



Garlic Clove



Lentils



Chicken Stock Powder



Duck Breast



Mustard



Sliced Savoy Cabbage

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Sieve, Saucepan, Measuring Jug, Frying Pan and Roasting Tin.

Ingredients

	2P	3P	4P
Shallot**	1	2	2
Garlic Clove**	2	3	4
Lentils	1 carton	1½ cartons	2 cartons
Water for the Lentils*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Duck Breast**	2	3	4
Mustard 9)	1 sachet	1 sachet	2 sachets
Sliced Savoy Cabbage**	1 small bag	1 large bag	2 small bags

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	342g	100g
Energy (kJ/kcal)	1527 /365	446 /107
Fat (g)	14	4
Sat. Fat (g)	3	1
Carbohydrate (g)	12	4
Sugars (g)	3	1
Protein (g)	42	12
Salt (g)	1.49	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Get Prepped

Heat your oven to 200°C. Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **lentils** in a sieve.



4. Rest the Duck

Add the **mustard** to the **lentils**, taste and add more **salt** or **pepper** if needed. Simmer with a lid off for 5 mins until slightly thickened. Once the **duck** is cooked, remove from your oven and rest in a warm place, (wrapped in kitchen foil if you have some) for 4-5 minutes. **IMPORTANT:** The duck is cooked when it is no longer pink in the middle.



2. Cook the Lentils

Heat a medium saucepan on medium heat with a knob of **butter** (if you have some) or a drizzle of **oil**. When hot, add the **shallot** and cook, stirring regularly, until soft, 4-5 mins. Add **half** the **garlic** and cook, stirring, for 1 min, then mix through the **lentils**, **water** (see ingredients for amount) and **chicken stock powder** and stir well. Add **salt** and **pepper** to taste. Bring to a simmer then reduce the heat and cook with a lid on (or cover with foil) for 10 mins.



5. Cook the Cabbage

About 5 mins before you are ready to serve, drain off **half** of the **duck fat** from the pan and return to medium heat. Add the remaining **garlic** and cook for 1 min, stirring regularly, then add the **cabbage** with a pinch of **salt** and **pepper** and stir-fry for 1 min. Add a splash of **water**, cover with a lid and cook until just tender, 2-3 mins.



3. Cook the Duck

Meanwhile, put a large frying pan on medium-high heat (no oil). Season the **duck** with **salt**. When hot, fry the **duck breasts** skin-side down until the skin is golden, 5 mins. Turn and cook the flesh side for 1 minute. **IMPORTANT:** Wash your hands after handling raw meat. Transfer to a roasting tin and roast on the top shelf of the oven for 10-11mins. Keep the pan and the **duck fat**, you will need it later!



6. Serve

Slice the rested **duck**. Warm the **lentils** through if you need to. Serve the **lentils** topped with the **cabbage** and **duck slices**.

Enjoy!